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Costed Case Study: Hope's Story

Details:

Hope was seventeen years old when she came onboard *Challenge Wales*. She currently lives in a children's home. She left school as soon as she could, with two GCSE's and was interested in studying child development. With Lottery funding, *Challenge Wales* has created its *Voyages of Discovery* programme giving disadvantaged young people an opportunity to learn soft skills and gain recognised accreditation through sailing.

Voyages:

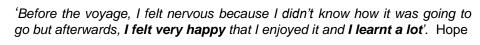
Hope joined *Challenge Wales* as part of a group from a sports organisation who work with either socially excluded, homeless or both. She was on a one day voyage with other members of her group. She took part in many of the day's tasks and activities.



The Results:

- •Before the voyage Hope was not confident and said she felt 'Pants ⊜'.
- •She had the willingness to undertake and try things, even physically challenging activities like climbing part way up the mast to pull the sail down which boosted her confidence.
- •She was very helpful and took care of the team by cooking and also made hot drinks for everyone.
- •Hope worked as part of a ten-strong team that raised the mainsail.
- •Following the voyage, Hope had doubled her scores for confidence and increased her scores for physical and mental health by 40%.
- •Through independent evaluation we can show the project created a significant social benefit (wider benefits to the individual and society). In Hope's case the Challenge Wales *Voyages of Discovery* project created £5.65 of value for every £1 invested in it.





'I was very happy because **everybody worked well as a team** and all the crew were really nice and they were friendly.' Hope

